

the buzz

July 2018

IT'S GRILLING TIME!

GRILLING FOOD SAFELY



FOOD	TEMPERATURE
Beef, pork, lamb and veal (steaks, roasts and chops)	145°F with a 3 minute rest time
Ground meats	160°F
Poultry	165°F
Hot dogs	cook until steaming hot

People in St. Louis know how to cook and eat barbecue! Some of our barbecue restaurants have been nationally rated in the top ten, but the best cooking comes from our own back yards. Food poisoning peaks in the summer with warmer temperatures that may cause foodborne illnesses to flourish. Before donning your apron and firing up your grill, review the food safety tips.

SEPARATE YOUR FOOD:

- When shopping, pick up meat, poultry and seafood last.
- Keep meat separate from other foods while in shopping cart.
- Guard against cross contamination by placing raw meat and poultry in individual plastic bags.
- Throw out marinades and sauces that have touched raw meat.
- Use clean plates and utensils when removing food from grill.

Chill until you grill: Keep meat, poultry and seafood in the fridge until ready to grill. When transporting food, keep it at 40 degrees in an insulated cooler. Remember to keep cold foods, like potato salad, in a cooler or refrigerator until ready to eat.

Keep it clean: Clean your hands with soap and water before and after touching raw meat. Wash work surfaces, utensils and grill before and after grilling. Use extra precaution by cleaning surfaces and utensils with a mixture of one tablespoon unscented bleach with one gallon water.

How do you know when the food is fully cooked?

Food needs to be cooked to a high enough temperature to kill bacteria. Color and texture alone may not determine if food is fully cooked, so use a thermometer to be sure. See the chart above for the ideal temperatures for meats.

How long can food remain out?

On hot days (above 90 degrees), heated food should not stay out longer than 60 minutes. The possibility of bacteria growth increases as food cools. Use the grill, warming tray or slow cooker to keep foods at the right temperature (140 degrees or warmer). Keep foods that need to stay cold in a cooler or serve on ice. Be especially cautious with eggs, dairy and mayonnaise.

Grilling like a Pro

If you do not have one, consider buying a food thermometer.

- When you think the food is done cooking, place the thermometer in the thickest part of food.
- Read thermometer temperature to ensure meat is at the correct temperature. Refer to recommended temperatures in this newsletter.
- Some foods, like pork and ham, need a 3-minute rest time to ensure bacteria is killed.

JULY Happenings

Summer Slim Down Weight Loss Challenge:

Receive the tools and resources to lose weight this summer in this 10-week program. Those who lose 10 pounds or 2% body fat will be entered into a raffle for the chance to win 1 of 4 \$50 gift cards.

NEW! Participants will have a chance to complete a percent body fat analysis with body fat calipers. Contact Bee-Fit coordinator Cathy Hargrove for more information.

Weigh-ins: June 25-29

Weigh-outs: September 10-14

Sign-up by contacting Bee-Fit Coordinator Cathy Hargrove by e-mail hargrovec@stlouis-mo.gov or phone 314-622-4849.

Mammography Screenings

Appointments must be made in advance by calling 314-747-2222 or 800-600-3606 (press Option 2) between 8 a.m.-4:30 p.m., Monday-Friday. No walk-ins will be accepted.

June 27	Police Division-Headquarters	1915 Olive St., St. Louis, MO 63103	8 a.m.-3 p.m.
June 28	City Hall	1200 Market St., Rotunda, St. Louis, MO 63103	8 a.m.-3 p.m.

Summer
SLIM DOWN

July Blood Pressure Clinics

Join BJC nurse, Sharon Brightfield, as she measures your blood pressure and provides education on maintaining healthy hypertension levels.



July 10	Family Courts	920 Vandeventer Ave., St. Louis, MO 63108	12-1 p.m.
July 10	Police-South Patrol	3157 Sublette Ave., St. Louis, MO 63139	2-3 p.m.
July 17	City Hall	1200 Market St., Rotunda, St. Louis, MO 63103	10-11 a.m.
July 17	Airport-Main	10701 Lambert Intl. Blvd., HR small conference rm., St. Louis, MO 63145	12-1 p.m.
July 17	Police-North Patrol	4104 Union Blvd., St. Louis, MO 63115	2-3 p.m.
July 24	1520 Market	1520 Market St., 2nd floor Bee-Fit rm., St. Louis, MO 63103	10:30-11:30 a.m.
July 24	Parks & Rec	5600 Clayton Ave., St. Louis, MO 63110	12:30-1 p.m.
July 31	Police HQ	1915 Olive St., Cafeteria, St. Louis, MO 63103	12-1 p.m.
July 31	Police-Central Patrol	919 N Jefferson, St. Louis, MO 63106	2-3 p.m.



Find answers to the below questions in this current July Buzz edition. Submit answers to the questions below by e-mailing Bee-Fit Coordinator Cathy Hargrove at hargrovec@stlouis-mo.gov, faxing 314-612-1488 or calling 314-622-4849 no later than July 15 to be eligible for entry into the raffle for a Bee-Fit prize.

1. _____ (two words) peaks in the summer with warmer temperatures that may cause foodborne illnesses to flourish.
2. Keep foods that need to stay cold in a cooler or serve on ice. Be especially cautious with _____, _____ and _____.
3. Name one food that needs a 3 minute rest time to ensure bacteria is killed.



May Wellness
Trivia Winner
Michelle Elliott



Provided by:
Department of Personnel and BJC HealthCare
for the Bee-Fit Wellness Program

For more information:
Contact Cathy Hargrove at 314-622-4849 or
hargrovec@stlouis-mo.gov

Look for us on:  

BJC HealthCare